



Troy's nationally accredited Senior Citizen Program provides activities and services to persons 55 and older. The Troy Community Center serves as a focal point where seniors gather for programs offering support, information, activity, socialization and personal growth.

## Senior Newsletter

There are three ways to receive the senior newsletter which is published 10 times per year (the July/August and November/December issues are combined):

1. Pick up a free copy at the Community Center on or after the 27th of the month.
2. Receive the newsletter free via e-mail. Visit the City website at [www.troymi.gov](http://www.troymi.gov) and follow the instructions on the Parks & Rec/ Senior Citizen page to subscribe.
3. Receive it by mail by submitting the fee and the registration form at the back of this book. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/15, \$3 between 8/16 and 11/15, \$2 between 11/16 and 2/15, and \$1 after 2/16. Non-residents pay \$10 per year, prorated as above. Ask for Activity #135000E.

**Call today for your complimentary copy!**



## Travel

The Troy Parks and Recreation Department offers several one day trips each month and several extended trips each year for seniors. See the Senior News

for details. Brochures are available at the Community Center for all overnight trips. Upcoming trips include:

**Gem Theater - Feb 26**

**Washington D.C. - April 16-20**

Refer to the Senior Newsletter for more details.

## Activities

Activities include sports, fitness and creative arts programs, day trips and extended travel, dances and other special events, federally funded hot lunch program, support groups, cards, bingo, gardening, computer classes, driver's retraining, financial planning, health screenings, volunteer opportunities and more. Call 248.524.3484 for details.

## Services

Services include a homebound meal program, SHARP home repair program, hospital equipment loan closet, paper shredding, computer lab, library outreach, tax preparation, information and referral, emergency cell phones, and low-income food distribution.

## Transportation

Troy Medi-Go Plus provides door-to-door transportation for persons 60 and older Monday-Friday from 8:30 am-4:30 pm for medical trips inside and outside Troy, to the Community Center, and for grocery shopping (Thursday only). There is no fee but donations are accepted. Call 248.457.1100.

SMART provides Dial-A-Ride curb-to-curb service Monday-Friday from 7:30 am-6 pm within the City of Troy. Call 248.362.3436 an hour before desired pick-up time. Troy residents 60 and older and persons with disabilities can purchase half-price tickets at the Community Center.

## SHARP Home Repair

SHARP (Senior Home Assistance Repair Program), offered in partnership with the North Woodward Community Foundation, provides free home repairs for senior citizens and persons with disabilities. To make a request for service, call the Community Center at 248.524.3484.

*Thank You*  
To Our Sponsors

Thank you to the following Adopt-Our-Senior-Center Sponsors:

**American House**

**Health Alliance Plan**

**North Woodward Community Foundation**

## Senior Expo

**Tuesday, March 17**

**10 am - 2 pm**

**at the Troy Community Center**

Don't miss this free event where you can visit with approximately 90 vendors for information about health care, home care, financial planning, housing and more. Many of the vendors will be holding raffles and giving away free items and information. Get your Expo passport stamped by 15 vendors to be eligible for great door prizes! Stop by the senior lunchroom and register for the senior lunch served from 11:45 am-12:30 pm. Suggested donation for lunch is \$2.75.

## St. Patricks Day Dance

**at the Troy Community Center**

**Wednesday, March 11 7-10 pm**

Act #118912A - \$6/person in advance, \$8 at the door

#118912B - \$48 table of 8

#118912C \$24 table of 4

Celebrate St. Patrick's Day with friends old and new. Doors open at 7 pm. The evening's festivities will include door prizes, dancing to the music of Mike Wolverton, snacks and beverages.

**New** - If you would like to reserve a table of four or eight, one person must pay for your entire table when registering. \$48 for a table of eight, and \$24 for a table of four. The table will be in your name and all cancellations or changes are handled by the person who reserved the table. Your table will have a reserved sign with your name on it.



Over 100 local artisans 55 and older sell handmade arts and crafts at Creative Endeavors inside the Troy Community Center. Hours are 10 am-2 pm Monday-Saturday and 5-9 pm Tuesday and Thursday.

Consignments are now being accepted. Stop in during store hours with a sample of your work or call 248.526.5145 for details.

**Sports**

**Badminton:** Drop-in Fridays from 9:30-10:30 am at the Community Center. \$3 per week - no charge for Community Center Fitness members. Partners not required. All equipment is provided.

**Bocce League:** Thursday mornings mid-May- August outdoors at the Community Center. Partners not required.\*

**Bowling League:** Mondays, 1:30 pm at Thunderbird Lanes, September through May. Partners not required.

**Golf Leagues:** A Monday morning league and a Wednesday morning league play at Sylvan Glen.\*

**Pickleball:** Drop-in Fridays from 10:30 am - 12:30 pm at the Community Center. \$3 per week or Wed, 7-8:30 pm for \$4/person - no charge for Community Center Fitness members. Sunday mixer 6-8 pm. \$5/session. Partners not required. All equipment is provided.

**Shuffleboard League:** Tuesday mornings mid-May-August outdoors at the Community Center. Partners not required.\*

**Softball - Mens:** Men 50 and older play other cities in Oakland County on Thursday evenings.\* Men 55 and older play other cities in Oakland and Macomb counties on Monday and Wednesday mornings, May - August.\* Men 70 and older play in the Michigan

Senior Softball League in Warren on Tuesday and Thursday mornings. Call Ed Forst at 248.689.6572 about the 70 plus league.

**Softball - Womens:** Women 50 Plus play softball against other cities in Oakland County on Tuesday evenings May through August.\* Call Elaine Torvinen at 248.524.3484 for details.

**Table Tennis:** Tuesdays and Thursdays at 10 am at the Community Center, year round.

**Tennis Leagues:** Free drop-in outdoor league meets on Tuesday and Friday mornings May through September. A Wednesday afternoon league meets indoors at the Troy Racquet Club fall and winter. See the sports section of the fall and winter Troy Today indoor league information.

**Volleyball - Mens:** The Troy men's 55 and over teams play in a league on Tuesday mornings in Warren with practices on Monday and Thursday from 9:30-11 am at the Troy Community Center September through March. See below.

**Volleyball - 50 Plus Co-ed:** Games are on Wednesday evenings at the First United Methodist Church on Livernois, north of Square Lake, January through March from 7:30-9 pm. Sign up takes place in the fall.

**\*Registration required. See the Senior News for details.**

**Fitness - All Classes meet at the Troy Community Center**

**Aquatic Exercise:** Mondays at 9 am, Tuesday and Thursdays at 9 am and at 10 am.\*

**Balance and Stretch:** Monday and Wednesday 9 am.\*

**Chair Exercise:** Monday, Wednesday, and Friday at 11 am. Drop-in. \$2/class. (Video - no instructor - on Friday. Friday class is free.)

**Muscle Strengthening:** Tuesday and Thursday at 10 am.\*

**Pilates:** Tuesday and Thursday at 11 am.\*

**Senior Fitness:** Tuesday and Thursday at 1 pm.\*

**Stretch and Tone:** Monday and Thursday at 11 am. Drop-in. \$2 per class.

**Tai-Chi:** Monday afternoons - three levels.\*

**Yoga:** Monday and Wednesday at 11 am.\*

**Walking Club:** Thursdays at 10:30 am. Progress charts are at the Community Center.

**Zumba Gold:** Tuesdays and Fridays at 10 am and Wednesdays at 7 pm. Drop in. \$5/class

**Massage Therapy** - Massage is offered every Monday from 9 am - 2 pm at the Troy Community Center with therapist Gordon Maslowski. The fee is \$15 for a 20 minute chair massage or \$35 for a 45 minute table massage. Please call 248.524.3484 to make an appointment.

**\*Registration and fee required - see the Senior News for details.**

**Grandparent/  
Grandchild Swim**

**Wednesday, April 9- 12-2:30 pm  
at the Troy Community Center**

Act #128993C - \$5 per Troy resident

Bring your grandchild (or children) to swim from 12-1:30 pm and then enjoy cookies and beverage in Sr. Lunchroom from 1:30-2:30 pm. This event will take place during regular open swim hours and lifeguards will be on duty. Children under the age of 10 must be accompanied in the water by an adult. Flotation devices and toys are not allowed. See event flyer for more details. Non-residents welcome - \$7/person.

**Boomer Speed Dating**

**Thursday, April 30 at 6:30 pm**

Men and women age 50-65 are invited to Troy's own senior speed dating event from 6:30-9 pm at the Community Center. Men and women will have 5 minutes to chat before the men move to the next table. Afterward, appetizers and beverages will be served and participants may mingle freely. This event provides an opportunity for anyone looking for companionship or friendship to meet and socialize.

**Registration Deadline: April 27.**

Act #	M/F	NR	Res Disc
145901G	Men	\$12	\$10
145901H	Women	\$12	\$10

**SeniorNet®**  
Bringing Wisdom to the Information Age.

The SeniorNet computer lab at the Troy Community Center features classes for ages 50 and older taught by senior volunteers. Learn to use a computer, access the Internet, and connect to family and friends through email in a friendly, low-pressure setting. Day and evening classes are offered and they run from one to four weeks depending on the class. Free retakes are offered if you need to reinforce what you have learned.

For a complete schedule of classes and detailed course outlines, see the Senior News or visit the SeniorNet website at [www.seniornet.org/usa/troy](http://www.seniornet.org/usa/troy)